How to Be Consistent | Free guide

How to Be Consistent

Tiny habits, same time daily, and never miss twice



Made for

You

Your workbook online, prompts for every task, and where to hand it in:

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Hello You

Namaste! Do you start things with joy but stop after 2-3 days? You are not alone. In this small book you will build one tiny daily habit for your everyday life in India, step by step, in just 15 minutes a day.

How to use this workbook

- Work 15 minutes a day on paper. Read the short lesson, then do the tasks in order.
- Write or draw in the printed space. Ask someone to take a phone photo of the page to share.
- Use ticks, not perfect writing. Small and daily is enough.

Your plan · about 75 minutes in all

Day	What	Minutes
1	Chapter 1: Start Very Tiny	15
2	Chapter 2: Same Time, Same Place	15
3	Chapter 3: Track It, Never Miss Twice	15
4	Chapter 4: Reward and Restart Kindly	15
5	Final task	15

Chapter 1

Start Very Tiny

Pick one tiny habit you can do in under 5 minutes.

Being consistent does not mean doing a lot. It means doing a small thing again and again. A tiny habit is so easy that you can do it even on a busy school day or festival day.

Think of your big wish, then cut it down. Instead of exercise for 30 minutes, start with 5 squats. Instead of studying 2 hours, start with reading 1 page.

Small is strong because you do not need mood or energy. When it is easy, you repeat it, and repetition is consistency.

Worked example: Making a big wish tiny

1. Meena, 16, from Pune, wants to read more but never has time.
2. She makes it tiny: Read 1 page after dinner, not 1 hour.
3. She writes it clearly: After dinner at the dining table, I will read 1 page of my book.

1.1 Circle one tiny habit from this list, then write it in the space below.

Hint: Pick something so small you could do it even when you are tired.
Stuck? Open task 1.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

1.2 Turn this big wish into a tiny habit: I want to study better.

Hint: Start your sentence with After or At, then say the small action.
Stuck? Open task 1.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

1.3 Write your own tiny habit for the next 7 days in one sentence.

Hint: Think of your own daily life in India and what matters to you.
Stuck? Open task 1.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** I can name my tiny habit in one clear sentence.

Chapter 2

Same Time, Same Place

Fix the same time and place for your habit and make it easy to start.

We forget when we have no fixed time. When your habit has the same time and place daily, like after chai in the kitchen, you do not need to remember or decide.

Attach your tiny habit to something you already do. After brushing, after tiffin, after evening prayer. That daily act becomes your reminder.

Make the start very easy. Keep what you need ready the night before. Less searching means more doing.

Worked example: Fixing time, place and start

1. Rahul takes his 2-minute walk after brushing teeth in the morning.
2. His time is: after morning brush, about 7 am. His place is: the lane outside his house in Jaipur.
3. To make it easy to start, he keeps his chappals and water bottle near the door the night before.

2.1 Write one daily routine you already do that can remind you.

Hint: Look for something you never skip, like brushing or dinner.

Stuck? Open task 2.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

2.2 Write when and where you will do your tiny habit from Chapter 1.

Hint: Name your reminder, your time and your exact spot at home.

Stuck? Open task 2.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

2.3 Write how you will make your habit easy to start at your home.

Hint: What one thing can you keep ready tonight?
Stuck? Open task 2.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** I have a fixed time and place where my habit will happen.

Chapter 3

Track It, Never Miss Twice

Track your habit daily and follow never miss twice.

What you mark, you remember. A habit tracker is just 7 boxes on paper. You tick each day you do your habit. Seeing ticks grow feels good and keeps you going.

Missing once is normal. You are ill, there is a wedding, exams come. The rule is: never miss twice. If you miss Monday, Tuesday becomes a must-do.

Keep your tracker where you see it, like on the fridge or inside your notebook. Mark it right after your habit, not at night.

Worked example: Using a 7-day tracker

1. Aisha draws 7 boxes in a row and writes Mon to Sun on top, like a school week.
2. Each day after reading 1 page, she puts a tick in that day box. One miss on Wednesday stays empty.
3. On Thursday she does it again. She says: Never miss twice. One miss is okay, two in a row is not.

3.1 Draw your 7-day tracker for this week in the box below.

Hint: Draw 7 boxes and write the days on top.

Stuck? Open task 3.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

3.2 Write what you will do if you miss one day.

Hint: A good plan names the very next day.

Stuck? Open task 3.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

3.3 Write where you will keep your tracker and when you will tick it.

Hint: Where will you stick it so you see it daily?
Stuck? Open task 3.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** I can mark my tracker and know what to do if I miss once.

Chapter 4

Reward and Restart Kindly

Use small rewards and restart without guilt after a miss.

Our mind repeats what feels nice. A small reward right after your habit tells your mind to do it again. It need not cost money, like a song, a stretch, or sitting in the balcony.

Guilt stops us. If you miss, do not call yourself lazy or failed. Talk kindly, like you would to a friend. Kind words make restarting easier.

Restart means just do the tiny version again. Do not double it to cover the miss. One small step today brings you back on track.

Worked example: Reward and kind restart

1. Karan reads 1 page daily for 5 days and ticks his tracker.
2. After each tick, he rewards himself with 2 minutes of favourite music and says shabash to himself.
3. After missing 2 days for a family function, he does not scold himself. He says: Breaks happen. I will start again today after dinner.

4.1 Write one small reward you will give yourself after your habit.

Hint: It should be free, short and right after your habit.

Stuck? Open task 4.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

4.2 Write two kind sentences to tell yourself when you miss a day.

Hint: Write words you would say to a good friend.

Stuck? Open task 4.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

4.3 Write your personal restart plan for a busy or festival week.

Hint: Use your real life, like exams, travel or festivals.
Stuck? Open task 4.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

Check yourself: I have a small reward and kind words to restart after a break.

Final task

Put it all together

Final task Make your 7-day Steady Plan on one page: write your tiny habit, time and place, easy-start step, reward, and never-miss-twice promise.

Hint: Bring your tiny habit, time-place, tracker, reward and kind restart together.

Stuck? Open task final online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

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